



PLATT BRIDGE COMMUNITY SCHOOL | MAY 2023 NEWSLETTER

PROMOTES | BELIEF | CREATES | SUCCESS

Head of School May Half Term Message

Dear Parents and Carers,

I hope this newsletter finds you and your families well. I am very proud of the way our pupils and staff are continuing to conduct themselves as we approach the final part of this academic year.

Preparations for September 2023 are underway and information for the new reception intake will be shared with parents and carers in June for those pupils who will be joining our Reception classes in September 2023.

School closes on Friday 26th May 2023 for half term and reopens at 8:55am (or 7:30am for breakfast club) on Monday 5th June 2023.

Following consultation with children, teachers, and parents, we will be making some amendments to our current behaviour systems including high 5 after May half term as a trial ahead of a full launch in September. This will make the systems for rewards and sanctions more consistent across schools.

What will stop happening?

Currently, the children get 30 minutes 'Shine Time' each week plus a 'High Five' reward activity. Currently, children who have not met the full high 5 criteria do not get access to the reward. Both will cease to exist in their current form following May half term.

What will happen instead?

'30 for Friday'

Each week, children will be allocated **30 Dojo points**. If children follow our **SHINE rules every day, they will receive additional points** to celebrate their positive behaviour which can be used to 'cash in' for a class reward at the end of each term.

If children engage in behaviour which goes against our SHINE rules, they will be reminded of the rules and asked to follow them. If this does not happen, children will lose a dojo point. They will be encouraged to change their behaviour within a stated time scale to earn that point back. Children will also receive dojo points for the 'High 5' behaviors including attending school every day, being on time, wearing full school uniform/PE kit, completing homework, and reading three times during the week. All children who have 30 dojos by the end of the day on Friday will receive a reward and entry into a draw for the Termly Headteacher's Award for exceptional behaviour and learning.



discuss the new system, which is designed to be positive, and reward driven, with children in an assembly upon their return to school. We will seek feedback from children, staff, and parents/carers over the next half term.

Once a final system has been decided, we will include the details in a home/school agreement to ensure that everyone is clear on the expectations for behaviour and learning from September. Please watch out for more information about this on class dojo as your feedback and involvement is appreciated.

Should you have any questions, please contact your child's class teacher in the first instance. We thank you as always for your continued support as we work hard to support children with their self-regulation, learning and behaviour.

I would like to wish you and your families a happy and safe half term holiday.

To contact a member from our Safeguarding, Special Educational Needs or Inclusion team during the closure period please [click here](#).

Best wishes,

Carly Bozdoğan
Head of School



On Friday 5th May 2023, we invited children to attend school in non-uniform - red, white and blue themed to celebrate King Charles III's Coronation.

We also served a themed afternoon tea style lunch to celebrate via our school kitchen.

All pupils received a souvenir coin at the end of the day that was purchased by school to commemorate this special occasion and took part in other fun, craft activities throughout the day in their classes.



End of Term Fun Day

On Tuesday 18th July 2023, we are hosting a fun filled medieval day for all pupils.

The day will be a non-uniform day, and we are inviting children to dress up in medieval themed clothing.

Hopefully the weather forecast will be a warm, sunny day, and we advise parents/carers ensure your child has sun cream applied and a named sunhat with them as most of the activities planned will be held outside.

Pupils who usually bring a packed lunch to school are invited to order a medieval themed school lunch if they wish via Parent Pay. See meals app for full lunch/menu options

Please note there is no charge for this event during the school day and all pupils 2-11 will engage in special activities.

We are delighted this year to be able to 'open up' the school and event at 15:30 to parents/carers and the public as we have done in recent years.

More details, including some ideas for low/no cost costumes and outfits for the day will follow closer to the time.



We are looking forward to welcoming all parents / carers to attend their child/ren's Sports Day. Sports Days for your child / ren are being held week beginning Monday 5th June. Please see below exact dates and times. (These dates are all weather permitting.)

Monday 5th June 11am 3-4s Nursery (Back field)
2.45pm 3-4s Nursery (Back field) 2pm Reception (Main field)
Tuesday 6th June 2pm Year 1 & Year 2 (Main field)
Wednesday 7th June 2pm Year 3 & Year 4 (Main field)
Thursday 8th June 2pm Year 5 & Year 6 (Main field)

All children will need their school P.E. kits on their allocated sports day.

All parents / carers of children in Reception to Year 6 will enter the playground via the gates on Woodcock Drive. Nursery parents / carers, please follow Woodcock Drive around to the field near the staff car park, near the nursery entrance. Please can we make you aware that photos / filming will not be allowed at the Sports Days. We look forward to seeing as many of you as possible.

SCHOOL SNACK

Please check your ParentPay account and pay any remaining snack charges for the Easter to May half term by 31st May 2023.

For pupils in Y1 to Y6, snack orders will continue after the half term break unless any payments are outstanding and we will unfortunately be unable to provide further snack. If you would like to change your child's snack order or make a new order please contact the school office on 01942 487999 or email finance@cfat.org.uk.

Snack and refreshments will continue to be provided throughout the day for ALL children in Nursery and Reception.

The snack charges for the next half term will be £12.00. Thank you for your cooperation.

Nursery Places | FREE Nursery Places

3-4s (Pre-School Nursery) places for September 2023

We currently have spaces for children who are already 3 or are turning 3 before 1st September 2023 in our pre-school room.

If you or if you know someone who has a child who is ready to start pre-school, please pop into the main reception to complete an interest form.

Every three year old is currently eligible to a 15 hours funded place, however if you work, you may be eligible to receive 30 hours funded care (please ask at the desk for more information or click the link <https://www.gov.uk/30-hours-free-childcare>)

For all those parents who have completed a form already, thank you and you will be contacted by the end of May with a Intake meeting date.

We look forward to welcoming your child to our setting!

September 2023 | New Intake Information

New Reception pupil Intake Meeting is being held on Monday 19th June 2023 at 5pm. We look forward to seeing you.



SCHOOL MEAL MENU UPDATE

We have updated our 3-week lunch menu for the next half term after the Easter break. A copy of the menu is available on Class Dojo. We hope the pupils enjoy the changes and new additions to the menu. If you wish to order a meal for your child, please use your ParentPay account to select their preferred daily meal. If your financial circumstances have changed, your child may be entitled to a free school meal. Please contact the school office if you would like us to check if your child is eligible.
Thank you.



Superheroes Breakfast and After School Club



If you wish to book CFAT Superheroes wraparound care please make sure you book and pay for a place via Parentpay. This booking needs to be done before midnight of the night before you need a place. If you do not pay for your child's place on booking it will automatically be cancelled by the system. Breakfast Club Arrival from 7:30am to 8:55am - £4 per child per day After School Club Attendance from 3:30pm to 6:00pm - £8 per child per day. Fees include supervised activities, breakfast or a tea time snack. If you have any queries please email me on l.butler@cfat.org.uk.

Are your contact details up to date?

As there may be occasions when the school needs to contact parents or carers during the school day, it is vital that you inform school immediately if there are any changes to emergency contact details or home telephone/mobile numbers.

Please contact Adele Simm or Lisa Butler in the school office if you require details on the information the school holds and to ensure your details are kept up to date. Please note you are now able to log in to Arbor and make changes to your own contact number. Thank you

Food served in some schools and academies in England must meet the school food standards so that children have healthy, balanced diets.

Further information is available in our Whole School Food Policy.

To review the schools' food policy and Spring Term meals menu visit:

<https://www.plattbridge.wigan.sch.uk/parents/school-lunch-service>

We request that the following items should not be included in packed lunches or for snacks:

- Sweets and chocolate
- Chocolate bars
- Crisps (unless baked or low fat)
- Sweet cakes or sugary doughnuts
- Any bars containing nuts.

We encourage children to take 'leftovers' from their packed lunch home so that you can see what they have eaten.



School Menu - Summer Term 1

Please Note - There have been a few changes with the current meal plan in school, if parents / carers have pre-ordered, you will need to re select meals.

<https://www.plattbridge.wigan.sch.uk/parents/school-lunch-service>

Just a polite reminder that dogs are not permitted on the playground.



Community Library remains open during the May Half Term Holiday

Monday - Wednesday: 9am - 2pm

Thursday - Friday: 12pm - 5pm
Saturday - Sunday: Closed

Shelia and the team look forward to welcoming you!

Facilities

- ✓ Wi-Fi
- ✓ 7 public computers
- ✓ Part of the Platt Bridge Community First site
- ✓ Free parking
- ✓ Separate children's section available outside of school hours
- ✓ Dedicated health section in library



Platt Bridge Community School Foodbank

As you are aware we operate a discrete foodbank for any member of our community who needs help. If you need help with a food parcel, please speak to one of our pastoral staff who will be more than pleased to help you.



Just a reminder that Platt Bridge Community School is registered with easyfundraising, which means you can raise **FREE** donations for school every time you shop online. Just sign up and remember to use easyfundraising whenever you shop online. All you have to do is find the retailer you want to shop with on the easyfundraising website or App, shop as usual and the retailer will donate to us when you make a purchase – at no extra cost to you!

These donations really mount up and make a **BIG** difference to us, so we'd really appreciate it if you could support us by using easyfundraising. It's completely **FREE** and only takes a moment.

You can find our easyfundraising page at <https://www.easyfundraising.org.uk/causes/plattbridges>

Thank you so much!

4,300 online sites will give us a free donation when you shop with them - at no extra cost to you!

Download the easyfundraising App

Ways to keep Children SMART on the internet.

A simple and effective way to get involved with your children and their lives online is through discussion. By maintaining an open dialogue with your child and encouraging them to talk to you about their internet use parents can help children access the amazing resources the internet has to offer whilst keeping them safe online.

1. Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
2. Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
3. Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block the services they use.
4. Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?

Be smart on the internet

S SAFE Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password. **STOP IT**

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time. **STOP IT**

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages! **BLOCK IT**

R RELIABLE Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows. **STOP IT**

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at www.thinkuknow.co.uk. **THINK U KNOW** **FLAG IT**

www.kidsmart.org.uk

KidSMART

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

See what we have been doing in school!



Breakfast and After School Club

This term we have been celebrating the King's Coronation and have enjoyed making lots of royal crafts. We have also been learning all about frogs. In ICT, we have been using the Sphero Balls to create our own art. The younger children have been using their independent skills by making their own breakfast (buttering toast and spreading jam, pouring their own drinks, and also putting their cereal into bowls and pouring in the milk).



Nursery

This half term we have had lots of fun learning about growth. We followed instructions off Jasper from 'Jasper's Beanstalk' and planted our own beans. We have been looking after our bean plants and are enjoying watching them grow. We can't wait to plant them outside when they grow bigger! We looked at different ways that we can look after our outdoor environment and spoke about planting new plants or vegetables, watering the plants and keeping the areas tidy.

After reading our May book of the month 'What the Ladybird Heard', we have really enjoyed looking at different minibeasts. We have been creative, making caterpillars and ladybirds with different materials and we also went on a minibeast hunt outside. We have explored the use of maps and have enjoyed creating our own map that our friends can follow.

We have also explored healthy eating and how to look after bodies. We looked at foods that are healthy and foods that are unhealthy. After sorting foods into the correct category, we then enjoyed using our chopping skills to make healthy fruit kebabs. We also looked at the importance of oral hygiene and the importance of cleaning our teeth. We practised cleaning the teeth of a large model using the toothbrushes.



Reception

In Reception, we have had an amazing half term full of so much fun! We continued to learn many new stories: Supertato and Lost and Found have been our favourites. We had a visit from Supertato and Evil Pea and we worked really hard to create wanted posters to help find Evil Pea (we did find him eventually!) We also had a visit from the penguin who was lost, and we have helped to find his way back home. We have been learning about the lifecycle of a butterfly and have watched our own caterpillars flourish into beautiful butterflies. Our favourite part of this half term was our teddy bear's picnic. We got to bring a teddy bear into school and eat yummy food whilst sat on the field. We had so much fun!



Year 1

We have had a fantastic time in Year 1 this half term. We have enjoyed comparing present day trips to the seaside compared to how the seaside looked in the past. We have specifically focused on Blackpool, and we were very much excited for our trip to. During PE this term we have had fun learning and practicing our dance skills. In Geography we have found looking at the different countries and the different seas that make up the United Kingdom very interesting. In Design and Technology, we tried a variety fruit and made our very own fruit salad which was yummy! We are very much looking forward to our next term.



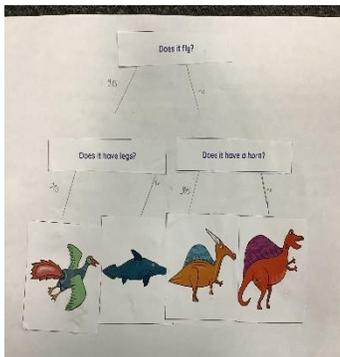
Year 2

This term, Year 2 began their new learning pathway, "Planes, Trains and Automobiles" with an author visit. Susan Brownrigg came to inspire the children with her new book "Kintana and the captains curse". The children enjoyed looking at models of transport through the ages and discovering what it is like to be an author. In science we have looked at the different parts of a plant and conducted an experiment to find the ideal conditions for growing plants. Computing lessons have been a little noisy this half term, as the children have created their own piece of digital music using Chrome Music lab and we can't wait to see the finished results. We took part in a celebration day to mark the King's coronation and completed some amazing artwork inspired by King Charles III. All children in Year 2 have completed the SATs in Maths, English and Grammar and we are very proud of them all. Well done Year 2.



Year 3

This half term in year 3, we have been learning about light and shadows in science. In History and Geography, we have been exploring the invasion of Julius Caesar and why The Romans wanted to invade Britain. Linking in nicely to this, in art we've been looking at pattern and motif including Roman Mosaics to make links to The Romans and their culture. In computing we have been learning how to branch databases and how open and closed ended questions help us to find a result. In French we have been learning how to politely ask for fruit and vegetables, including more than one. We had a lovely time celebrating the coronation of King Charles. We love doing high five together as a year group and celebrating our successes each week.



Year 4

We have had a very exciting summer term in 4b. During English, we have been writing about Greta Thunberg and her activism. We learnt about her passion for saving the environment and even staged our own protest on the playground. After, we used the book, Tell me a Dragon, as a stimulus to inspire our character descriptions of some of the dragons in the book. We have been exploring adding detail with ambitious vocabulary and a range of grammar features to do this. Look out for our descriptions coming soon. During maths, we have been looking at geometry where we have recapped 2D and 3D shapes, coordinates and looking at translation. During our thematic subjects, we have started our interesting inventions topic. This looks at inventions linked to a range of topics. We have been going back in time to look at different periods of history and the inventions that impacted life then and now. In Geography, we have been looking at physical features that impact our lives and finally in DT, we are creating our own bread-based snack and thoroughly enjoyed our market research where we tried our own bread. Science has been very exciting this term with states of matter and experiments for melting and boiling points to change the states of matter. Finally, we enjoyed our King's Coronation celebrations and are proud of our banner squares and artwork we made.



Year 5

This term, Y5 have been learning all about the Battle of Hastings. So far, we have explored why the battle needed to take place and have plotted William the Conqueror's journey across the English Channel. In computing, we have looked at data bases and have explored the positives of electronic data bases. We have been exploring space in Science and have especially loved learning about the phases of the moon. In Guided Reading, we have finished reading the Jungle Book and have loved learning about Mowgli's adventures. In English, we have written about the Jungle Book as well as writing a story ending for Alma. We have been exploring measure in Maths and have worked hard to understand the difference between area and perimeter. In Art, we are learning about Giacometti who created sculptures and in DT we are creating a staple meal - we even tasted cottage pies! Next term, we are looking forward to finding out who won the Battle of Hastings and the consequences this had on our country.



Year 6

Year 6 have worked really hard in May! They completed our SATs in Reading, Maths and GPS. All the children should be extremely proud of their efforts - they tried their best; worked hard and came into school with fantastic attitudes. We also have had a day working with the CELLS team who visited our school. We took part in different workshops throughout the day to find out more information about crime and its consequences. We explored what is meant by peer pressure and how it can influence our decision making. We also found out about how the decisions and choices we make can impact on our opportunities in life and reflected on our own personal responsibility. We even got the chance to experience a real prison cell - we couldn't believe how cramped it was. We all agreed we didn't fancy sleeping on the bunk beds with their thin mattresses and toilet in the corner of the room!



Cost of living support

At Platt Bridge Community School, we recognise the difficulty that many people will be facing with cost-of-living issues, due to the rise in fuel and energy bills.

We have provided details and links to national and local sources of advice, support and financial assistance that may be able to help you and your family. Please also be mindful of scams during this time – never give your bank details to anyone without being sure of their identity.

We hope you find this information useful should you need to use it. If you have any concerns, particularly about how cost of living issues may be affecting your child, please do contact the school on 01942 487999 and we will listen and aim to help as best we can.

Please note: In all instances where you have an emergency expense issue, such as paying rent, you should contact your local Citizens Advice service and the council.

School support:

- School Food Bank – we operate a discreet food bank service in school – contact a member of the school office and/or our Pastoral team for more information.
 - Uniform – our second-hand uniform program can help save the cost of purchasing new uniform.
- Free school meals – the government's criteria for eligibility can be viewed at www.gov.uk/apply-free-school-meals. We would strongly encourage all eligible parents to apply for free school meals, even if your child intends to use a packed lunch.

Local support:

- Wigan Council can offer help in several different ways to support those in financial difficulty, including helping to pay for emergency costs like food and bills. Visit <https://www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Here-for-you>
- [The Trussell Trust](http://www.trusselltrust.org) – this charity operates a network of foodbanks and provides confidential crisis support. The school can provide food vouchers for eligible parents to be exchanged for a minimum of three days' emergency food. Available at local centres, by telephone (0808 208 2138) and online at trusselltrust.org/get-help.
- [Food Aid Network](http://www.foodaidnetwork.org) – in addition to Trussell Trust foodbanks, independent foodbanks may also be available near you. You can check a map for local support at <https://www.foodaidnetwork.org/our-members>.
- [Citizens Advice](http://www.citizensadvice.org.uk) – an independent organisation specialising in confidential information and advice on legal, debt, benefit and housing problems. Available at local advice centres, by telephone (0808 223 1133) and online at citizensadvice.org.uk.

Financial support:

- [Turn2Us](http://www.turn2us.org.uk) – a charity helping people living in poverty in the UK, specialising in information on welfare benefits and charitable grants. Available by telephone (0800 802 2000) and online at turn2us.org.uk.
- [StepChange](http://www.stepchange.org) – the UK's leading debt charity offering expert debt advice and free debt management. Available by telephone (0800 138 1111) and online at stepchange.org.
- [Money and Pensions Service](http://www.moneyandpensionservice.org.uk) – a government service providing impartial and free guidance on money and pensions. Available by telephone (0800 138 7777) and online at moneyandpensionservice.org.uk.
- [MoneySavingExpert](http://www.moneysavingexpert.com) – a consumer finance and discussion website focussed on providing advice and tips on how to save money, including a dedicated cost of living crisis section. Available online only at moneysavingexpert.com.

- [Migrant Families](#) – online tool available that will help you find out what support you may be eligible for as a migrant family. Available at [migrantfamilies.nrpfnetwork.org.uk/](#). This forms part of the NRPF Network, available online at <https://www.nrpfnetwork.org.uk/> and through regional networks.

Household bills and goods:

- [British Gas Energy Trust](#) – a charitable trust providing advice on energy bills and grants paid directly to energy suppliers to help clear debts. Available online only at [britishgas.co.uk/energy/British-gas-energy-trust.html](#).
- [Ofcom](#) – Ofcom has a list of available social tariffs; these are cheaper broadband and phone packages for people who claim Universal Credit, Pension Credit and some other benefits. Available online at [ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs](#).
- [CCWater](#) – the Consumer Council for Water is a statutory consumer body for the water industry in England. They have an advice hub with information and tools to help reduce water bills and access financial schemes. Available online at [ccwater.org.uk/households/help-with-my-bills/](#). (**Please note:** Every water company should have a social tariff scheme to help low-income families – check with your provider for more information.)
- [Freecycle](#) – a grassroots and non-profit organisation that allows people to claim household items for free. Available online at [freecycle.org](#).
- [Family Fund \(parents of disabled or seriously ill children only\)](#) – this charity provides families raising a disabled, or seriously ill, child on low incomes with wide-ranging grants for essential items, such as kitchen appliances, clothing, bedding and play equipment or technology. Available online at [familyfund.org.uk/grants](#).
- Fuel voucher – if you use a prepayment meter and cannot afford to top it up, you may be able to obtain a fuel voucher. Contact your local council for help getting one.
- Energy debt grants – several energy suppliers offer grants to customers in need. Check with your supplier's website or contact them directly for more information.

Government benefits and support:

- [Universal Credit](#) – a monthly government payment to help with living costs for those on a low income. Available to apply online at [www.gov.uk/universal-credit](#) or by telephone (0800 328 5644).
- [Short Term Benefit Advance](#) – those in urgent financial need may be able to get an advance on benefit payments, which is paid back later through benefits without interest. Find out more at [gov.uk/short-term-benefit-advance](#).
- [Cost of living payments](#) – a government support package to help mitigate the cost of living crisis. Factsheet available online at [www.gov.uk/government/publications/government-support-for-the-cost-of-living-factsheet/government-support-for-the-cost-of-living-factsheet](#). Payments are made automatically to those who are eligible so there is no need to apply – if you think you are eligible but did not receive a payment, make a report online at [secure.dwp.gov.uk/report-a-missing-cost-of-living-payment/welcome](#).

Housing and rent:

- [ACORN](#) – a community union that can provide support and advice for those who rent on housing issues and tenants' rights. Get in touch online [www.acorntheunion.org.uk/contact](#).
- Council Tax reduction – low-income households might be able to get a council tax reduction. See if you might be eligible online at [www.gov.uk/council-tax/who-has-to-pay](#) and contact your local council for more information.
- [Shelter](#) – Housing charity that runs local services. You can access their emergency helpline (0808 800 4444) and find advice online at [england.shelter.org.uk/housing advice](#).

May Bank / Half Term Holiday Mindful Colouring

Mindfulness means slowing down and taking a breath to pause and really notice what you are doing and collecting your thoughts together. It will take your full concentration to really be mindful, you have to relax and take your time with a certain task, whether that's just taking a few seconds to control your breath. Being mindful means doing the opposite of multi-tasking or rushing, it's all about focusing on one thing at a time and feeling calm and collected whilst doing it.

To become mindful, it's important to remember that it will take a lot of practice to become better each time. This is because mindfulness involves training the mind, which can't be done overnight. The more your practice, the better you get.

A great way to practise mindfulness is to complete a number of exercises, which can help when you're stressed, have something difficult to do or when you have to focus your attention. Eventually, after practising mindfulness regularly, it will become natural in your everyday life.





Useful contacts and online resources

Here's a list of signposted providers that can offer counselling, coaching and other support that may help improve your overall wellbeing. For more details <https://www.plattbridge.wigan.sch.uk/parents/support-services-for-pupils-and-families>

Stress & Anxiety

Mind www.mind.org.uk

Childline www.childline.org.uk

The Stress Management Society www.stress.org.uk

The Big White Wall Support Network www.bigwhitewall.com

NHS www.nhs.uk/conditions/stress-anxiety-depression

Mental Health Matters www.mentalhealthmatters.com

24-hour helpline 0800 1070160

Work / Life Balance

NHS Live Well – Workplace Health www.nhs.uk/livewell/workplacehealth

Mental Health Foundation www.mentalhealth.org.uk/a-to-z/w/work-life-balance

Cycle Scheme www.cyclescheme.co.uk

Your Body

NHS One Your Campaign www.nhs.uk/oneyou

British Heart Foundation www.bhf.org.uk

Exercise

NHS Live Well – Get Started www.nhs.uk/livewell/getting-started-guides

The Girl Can – Sport England www.thegirlcan.co.uk

Living Streets www.livingstreets.org.uk

Swimming ASA www.swimming.org/asa

Chartered Society of Physiotherapy www.csp.org.uk/your-health/exercise-advice-all-ages-fitness

Home Life

Relate www.relate.org.uk

Samaritans www.samaritians.org

Notational Domestic Abuse Helpline 0808 2000 247

Barnardo's www.barnardos.org.uk

Childline www.childline.org.uk 08001111

Smoking

NHS Live Well www.nhs.uk/livewell/smoking

NHS Smokefree www.smokefree.nhs.uk

Worried about a child? <https://www.wigan.gov.uk/Resident/Health-Social-Care/Children-and-young-people/Child-protection/Child-protection.aspx>